

Zinc mg

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| 21 | Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g |
| 7 | Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g |
| 6 | Beef, ground round 85% lean (cooked) Quantity: 3oz 85g |
| 6 | Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g |
| 5 | Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g |
| 5 | Bison Burger (cooked) Quantity: 3oz 85g |
| 4 | Cauliflower, green, raw Quantity: 1 cup 64g |
| 4 | Flour, quinoa Quantity: 1 cup |
| 4 | Flour, brown rice Quantity: 1 cup 158g |
| 4 | Flour, buckwheat Quantity: 1 cup 120g |
| 4 | Turkey Sausage, lean, sweet Quantity: 1 link 91g |
| 4 | Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g |
| 3 | Flour, barley Quantity: 1 cup 148g |
| 3 | Legumes, lentils, cooked Quantity: 1 cup 198g |
| 2 | Spelt, cooked Quantity: 1 cup |
| 2 | Yogurt, organic plain lowfat Quantity: 1 cup 227g |
| 2 | Yogurt, organic plain nonfat Quantity: 1 cup 227g |
| 2 | Turkey, ground breast 99% lean Quantity: 4oz |
| 2 | Turkey, ground 93/7 lean Quantity: 4oz |
| 2 | Cauliflower, green, raw Quantity: small head 325g |
| 2 | Oats, rolled, quick organic Quantity: 1/2 cup 40g |
| 2 | Quinoa Quantity: 1/4 cup 46g |
| 2 | Legumes, black beans, cooked Quantity: 1 cup 172g |
| 2 | Legumes, navy beans, cooked Quantity: 1 cup 182g |
| 2 | Legumes, red kidney beans, cooked Quantity: 1 cup 177g |
| 2 | Peas green, raw Quantity: 1 cup 145g |
| 2 | Yeast, regular Quantity: 1oz 28g |
| 2 | Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g |
| 2 | Legumes, great northern beans, cooked Quantity: 1 cup 177g |
| 2 | Pasta, Rotini 100% whole wheat Quantity: 2oz 56g |
| 2 | Wheat Germ, raw Quantity: 2 Tbsp 16g |
| 1 | Lettuce, romaine, raw Quantity: 1 head, 626g |
| 1 | Pasta, Capellini 100% whole wheat Quantity: 2oz 56g |
| 1 | Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g |
| 1 | Sunflower seeds: whole, dried Quantity: 1oz 28g |
| 1 | Pecans, raw unsalted Quantity: 19 halves 28g |
| 1 | Legumes, black beans, canned Quantity: 1/2 cup 130g |
| 1 | Almonds, raw whole Quantity: 24 nuts 28g |
| 1 | Avocado (green), Florida raw Quantity: 1 fruit 304g |
| 1 | Swiss Cheese Quantity: 1 slice, 1oz, 28g |
| 1 | Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g |
| 1 | Brazil Nuts, raw Quantity: 6 nuts 28g |
| 1 | Milk, 1% fat organic Quantity: 1 cup 246g |
| 1 | Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g |
| 1 | Peas, frozen Quantity: 1 cup 134g |
| 1 | Tomato paste, Full Circle organic Quantity: 6oz can |
| 1 | Milk, fat free Quantity: 1 cup 246g |
| 1 | Broccoli, frozen Green Giant Steamers Quantity: 2 cups |
| 1 | Buttermilk, low fat cultured Quantity: 1 cup 245g |
| 1 | Mushrooms, brown, whole Quantity: 1 cup 87g |
| 1 | Nectarine, raw Quantity: 1 medium 142g |
| 1 | Onion, yellow, raw Quantity: 1 small |
| 1 | Pumpkin: canned Quantity: 15oz 425g |
| 1 | Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g |